



# thenewhammag

issue 308 // 30 January - 12 February 2015



## Theatre fun takes centre stage

Children enjoy magical performances (p1)

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# the newham mag



I hope you received your calendar in the previous issue of the Newham Mag that celebrates 50 years of Newham. In this issue we feature what our young people have to say about life at the Newham Circus Arts Festival (pp8).

Some 4,500 children visited Stratford Circus Arts Centre this month to be inspired by the bright lights of the big stage thanks to Newham's Every Child a Theatre Goer programme (p11).

If getting fit was one of your New Year's resolutions, then be inspired by former athlete Eugene Gikas who is now working with activeNewham, the council's leisure trust (p12). And don't forget to have your say on what changes you think would best benefit residents with changes when we make planning decisions.

**Councillor Ian Corbett**  
*Mayoral adviser for Environment and Leisure*

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To contact the Newham Mag team email [newham.mag@newham.gov.uk](mailto:newham.mag@newham.gov.uk) or call 020 8973 1517.

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The Newham Mag is printed on 100 per cent recycled paper by Woodland Link Ltd and distributed by Letterbox Distribution.

Look out for the next issue out from 13 February  
View the mag online at [www.newham.gov.uk/mag](http://www.newham.gov.uk/mag)

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03

# IN BRIEF //

## Support for carers

Newham Council and Newham Clinical Commissioning Group are inviting carers to the launch of their Joint Carers Strategy at St Mark's Community Centre in Tolgoe Road, Beckton, on 12 February from 11am-1pm.

The strategy provides details of how both organisations propose to support carers over the next three years. The launch will be of interest to residents who provide unpaid support to partners, children, parents relatives, friends or neighbours who cannot manage without their help.

Places are limited. If you wish to attend email [Bonnie Horner](mailto:bonnie.horner@newham.gov.uk) by 6 February to book your place.

## In market for games

The successful Market Games event for young people aged nine to 19 returns to Green's Market in Green Street, Upminster Park, on Wednesday 15 February from 2pm.

A host of free activities are being arranged by museums and councillors supported by Newham Council's Green Street Community Neighbourhood team, Islington partner activ8newham, the Metropolitan Police and the local Tesco store.

Games on offer include BMX cycling, indoor rowing, table tennis and taekwondo. It follows two successful Market Games events last year. For further information contact: 0844 474 2728.

## Freedom Pass renewals

Residents who have an older version Freedom Pass that expires on 24 March should by now have received a letter from London Councils with a unique renewal number.

If you have lost or not yet received your letter call London Councils.

Freedom Pass helpline on 0300 330 1433 to ask for a replacement. Lines are open Monday to Sunday 8am to 8pm.

You should renew your Freedom Pass online as soon as possible on the London Councils Freedom Pass website if you cannot renew online. Fill in and return the renewal form included with your letter.

## >> Appeal over race hate graffiti



Police continue to investigate graffiti attacks on posters that advertised Newham Council's Holocaust Memorial Day event.

They have issued CCTV footage of a man spraying the words "fascist" and "killer" on an advertising board in West Ham Lane, Stratford, and have appealed to residents for information.

It is one of four incidents being treated as racially aggravated criminal damage. The graffiti was quickly removed from the site and two others in Stratford and one in Plaistow. The posters were advertising the council's Holocaust Memorial Day event on 27 January at Stratford Old Town Hall.

Mayor Sir Robin Wales said: "These despicable and cowardly hate crimes are an assault on our values of decency and mutual respect. Newham Council will work with our police partners to bring those responsible to justice."

Anyone who has information about the incidents can contact police on the non-emergency 101 number.

## Alcohol seized from stores

More than 2,200 litres of alcohol were recently confiscated by Newham Council's licensing team.

Officers removed cider, beer and spirits from stores because they did not have a licence to sell it or because it was of a higher alcohol content than allowed on their licence. The council is considering further action against the business owners.

Some 500 litres was taken from Vansch Super Store in Elmshall Close, Stratford. Earlier last year councillors had revoked the shop's licence after staff failed to follow Challenge 21 guidance. Some 1,700 litres of high strength alcohol was seized from Forest Gate Food and Wine in Woodgrange Road following a test purchase.

Councillor Ian Corball, mayoral advisor for environment and leisure, said: "Responsible off licences can make the lives of residents miserable. Selling high strength alcohol without permission can often result in anti-social behaviour."





# News

## Run sponsors are announced

Newham Council has welcomed the announcement by mass-participation specialists Nova that supermarket chain Morrisons are to sponsor the Great Run Series, which includes the Great Newham London Run, for the next four years.

Mayor Sir Robin Wales said: "We are pleased a sponsorship deal has been reached and we look forward to working with Nova and Morrisons on the Great Newham London Run later in the year."

The council has a ten-year partnership with Nova to develop and stage the Great Newham London Run. A date for this year's event is yet to be confirmed but the run will finish in the Olympic Stadium.

Nova chairman Brenden Foster said: "We are delighted to welcome Morrisons as our title sponsor. Our ambition is to have a million people taking part in the Great Run programme and Morrisons can help us achieve this."



## Delay on bridge is slammed

Mayor Sir Robin Wales has blasted Mayor of London Boris Johnson for the "unnecessary delay" in finding a river crossing solution for East London.

Speaking at a meeting of the Parliamentary Transport Committee, Sir Robin said: "A bridge at Gallions Reach in Beckton has been unnecessarily delayed for seven years. Having only a ferry is simply not good enough for London in the 21st century. London is moving east and a bridge should be built urgently."

He said such a bridge should have no tolls because people in East London are not charged to cross the Thames. "If there are tolls there must be reductions for local people and local concessions," he added.

The committee is holding an inquiry into strategic river crossings and scrutinising the Department for Transport. Newham Council has long campaigned for a river crossing at Gallions Reach. The committee's report is due later this year.



## >> Green light for new homes

The site of a former Newham Council building in Plaistow that dealt with residents looking for emergency housing is to be transformed into a development offering 21 family homes.

The new properties on the site in Pragel Street will be available to purchase under Newham's innovative shared equity scheme NewShare.

Plans for the six two-bedroom and 15 three-bedroom homes were approved by the council's Local Development Committee. They have been designed by Peter Barber

Architects and will be ready by March 2016.

NewShare is helping residents who would like to own a property but may not be able to afford a large deposit or the cost of buying on the open market. Cllr Andrew Baker, mayor's advisor for housing, said: "We want to help residents into home ownership and encourage them to settle in the borough. This development will help us deliver on that."

**For more information on NewShare, turn to page 31.**

# Lessons we still must learn

This week in Newham we remembered Victims of the Holocaust. It is right that we gathered together to share in commemorating such an atrocious and significant moment in our history and think about the lessons we must keep on learning.

Fairer people than me have spent the past 70 years thinking about those lessons. There aren't easy answers, because evil acts committed by ordinary people challenge the core of our understanding of who we are.

"We must celebrate and accept difference. We must never forget the common humanity and value which unites us. I'm really proud of our unity, but we cannot take it for granted."

We advertised our Holocaust Memorial Day event on posters around the borough. Someone chose to spray-paint words like 'Jew' and 'Killer' over four of those posters.

The outrageous, cowardly hate crime was an assault on the mutual respect which the vast, vast majority of us share. It wasn't freedom of speech. It was racist vandalism and

we're working with the police to bring the perpetrators to justice.

There are still some who want to deny that the Holocaust happened. By denying, they want us to forget the lesson that we must always be on our guard against those who wish to divide us. That's why we have to continue to fight against racism and anti-Semitism. It is important that we are all prepared to speak out – individually as well as together – to challenge those who would harm other people because they are different or hold different views.

We must celebrate and accept difference. We must never forget the common humanity and value which unites us. I'm really proud of our unity, but we cannot take it for granted.

As a council we value all residents. When we spend your taxes, it's on things that will benefit everyone. It is important that people from different backgrounds get to know each other, to share experiences, develop friendships and respect. So we support activities that help people to mix, like the Mayor's Newham Show and street parties.

I want people in Newham to be proud of their heritage, their culture and their beliefs. But I also want us to meet each

other, to get along and to be able to live and work together. That's what we do to stop intolerance from finding roots in our society.

An event as awful as the Holocaust demands that we keep the memory alive, but it also demands more. It demands that we affirm the value of every individual, and oppose those who want to divide us.



## Mayor's view

# Top class place to learn

I was delighted to be invited to take part in the opening of the new extension at North Beckton Primary School which has been built as part of Newham Council's school investment programme.

I saw the work progressing early last year when I joined pupils of the topping out ceremony. The youngsters were excited then so I was pleased to be able to join them again for the formal opening ceremony of the new fully accessible classrooms that offer a great learning environment.

Official opening duties were shared with wheelchair tennis player Jordanne Whiley, who the new wing has been named after. Jordanne won a bronze medal at the Paralympic Games in 2012 and in 2014 took a Grand Slam of doubles titles by winning the Australian, French and US Opens, as well as Wimbledon. The pupils have been following Jordanne's success with great interest and she was impressed by how well behaved and polite they were and with the school's facilities.

Newham has for a long time been at the top of the rankings for including disabled children in mainstream schools. It offers opportunities for pupils with different

abilities to achieve in life in the way that Jordanne has. Our primary schools will continue to provide a wealth of learning opportunities to inspire young people and help them achieve their potential. We remain committed to improving facilities for all and providing the extra capacity to help us meet the growing demand for pupil places.

Every child in Newham matters and we continue to invest in our schools to ensure that they continue to be top-class places in which to learn.



## Pupils put me on the spot



I am used to answering questions from residents and from journalists but those I faced recently from the pupils at St Helens' Primary School in Plaistow were among the toughest and put me on the spot.

I was invited to the school to take part in their activities for Citizenship Week where the young people were concentrating on the theme of service to the community.

They had certainly thought long and hard about what they were going to ask me and the subjects ranged from helping the poor and others, the charities I support, the changes I plan to make in Newham, how can we all help each other and how can we all make the borough a better place.

It is nice to know that our young people, and especially those at St Helens, are really thinking about how they can contribute to the future life of the borough.

# with Sir Robin Wales

# COLLEGIATE CENTRE HAS RIGHT CHEMISTRY

Thanks to the efforts of Newham's best schools, we've seen huge increases in our GCSE results. From trailing behind the national average we are now gaining grades up there with the best. Now the Newham Collegiate Sixth Form Centre (NCS) has joined the fold to help our young people to compete at the top and get to the best universities should they choose to do so.

Mayor Sir Robin Wales visited the NCS in East Ham to observe classes and take a grilling by young people. He met students, staff and the management team and answered questions about what he thought of the centre and what life is like as Mayor.

The sixth form centre in Barking Road opened in September to provide an academic A Level provision, specialising in science and maths, for the borough's students who aspire to attend Oxford, Cambridge and prestigious universities across the world.

**"It is clear that the NCS is already achieving what we as a council wanted when we asked for it to be established."**

The college is currently accepting applications for students enrolling in September 2015. The deadline for those wanting to apply is 10 February.

Sir Robin Wales said: "It was, quite frankly, an inspirational visit. It is clear that the NCS is already achieving what we as a council wanted when we asked for it to be established.

"It is an impressive building, a place of educational excellence in the heart of Newham, which will help our kids fly and achieve their very best now and in their future careers, and for generations to come.

"I am thrilled to have been able to witness the high level of critical thinking that is taking place at Newham Collegiate. The sixth form centre is providing a huge raft of opportunities for students not only academically, with the high calibre of teaching staff, but also through their partnership with University College London and with visits from industry experts from FTSE 500 companies.

"I hope our students grasp these opportunities with both hands and go on to be leaders in their chosen fields. In that way they can make a long term, positive contribution to our community."

The centre was founded by Newham Council and a group of Newham secondary schools – Cumberland, Kingsford, Lister, Little Ilford, Plashet, Rokesby, Royal Docks, Borth Bonnel and Stratford School Academy. It is based in the former technical college on the East Ham Town Hall campus that underwent renovation before reopening at the beginning of the academic year.

Principal Mouhsin Ismail added: "Our students were delighted to have the chance to meet Sir Robin, discuss his role as Mayor and express their mutual pride in the role the NCS plays in providing them with the best A Level education and opportunities in Newham."





The NCS Head Girl Samaya Malik, 17, from Glastonbury is aiming to get into Cambridge to study law. A former pupil at Sarah Bonnell School, she decided to attend the NCS after a presentation by the sixth form centre's principal Mouhsen Jamal.

**"The NCS offers the whole package; outstanding learning and teaching, unparalleled enrichment opportunities, and a scholastic environment. The NCS has links with some of the best universities in the world which gives us a real insight into what we need to do to be a credible candidate."**

Head boy Umar Al Haddad, 16, from Forest Gate wants to study medicine at Imperial College London. He said:

**"I decided to join the NCS because I believe that the opportunities I will get will really prepare me to study medicine at Imperial College London. The teachers are so supportive and go out of their way to make sure you understand the material at A Level. I'm about to undertake work experience at a hospital shadowing a consultant, and I would not have had this chance if it wasn't for the connections that the NCS has with the medical profession."**



Students at the NCS

Students looking to enrol for courses beginning in September 2015 should visit the centre's website at [www.thencs.co.uk](http://www.thencs.co.uk)

Interviews with candidates will take place during March, April and May. Final offers to candidates will be made by 31 May.

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## ROYAL DOCKS TRUST FUNDING FOR COMMUNITY PROJECTS 2015/2016



The Royal Docks Trust invites voluntary and community organisations, which serve the Docklands area of Newham (south of the A13 Newham Way), to apply for funding.

Priority will be given to projects that:

- contribute to the growth of personal, community and economic resilience in the area of benefit
- enable the community and voluntary sector to provide services contributing directly to the regeneration of the area and access to jobs
- include youth work and cultural, sports and leisure activities for children and young people
- benefit older people and/or disabled people and present sustainable opportunities to improve quality of life
- demonstrate value for money
- maximise long term benefits for local residents

For further information please contact John Johnson on 020 7277 8667 or email: [John.d.johnson@btconnect.com](mailto:John.d.johnson@btconnect.com)

Application packs can be downloaded from the Royal Docks Trust website [www.royaldockstrust.org.uk](http://www.royaldockstrust.org.uk)

Closing date for applications:  
5pm on Friday 20th February 2015

# ENCORE

## FOR THEATRE FANS

This month, 4,500 schoolchildren went to Stratford Circus Arts Centre for free to be inspired by the bright lights of the big stage thanks to Newham Council's Every Child a Theatre Goer programme.

Following on from last year's launch event with Michael Rosen's *Corduroy Hooted At Home*, kids in Years 5 and 6 from across the borough's primary schools had the chance to see the international smash hit *The Girl WhoForgot to Sing Badly* from Louise Lovett for free.

Following visits in New York and Sydney, the show is an untamed adventure that crosses snowy lands and wild seas telling the story of Peggy O'Haregry and her professional pecker parents. The one-man show featuring Louise Lovett, Ireland's most-critically acclaimed actor for young audiences, encourages people to find their own voice and build self-confidence.

Newham's unique Every Child A Theatre Goer programme uses theatre to develop young people's learning experiences and interest. It also spans secondary school years 7 to 10 in partnership with Theatre Royal Stratford East, Shakespeare's Globe, as well as Stratford Circus.

Newham's Every Child programme stretches further than just the arts. It also offers schoolchildren the chance to learn an instrument, play chess or try new sports to broaden their learning opportunities.

**Ahala Barlow,**  
deputy head teacher,  
**Calegrave Primary School**

"There are a large number of pupils in Newham who have never been to the theatre before. This will be the first time that many students here today will have seen a theatre production. We'll be reviewing the play with our pupils to develop their use of English and articulation."

**Margarita, 8,**  
**Calegrave Primary School**

"It is the first time that I've been to the theatre and I'm really excited to get to watch something like this and see actors up close. I do hope I get to see more things like this."

**Jasmine, 8, Britannia Village School**

"I have seen a play before but I've never seen anything in Stratford Circus. I think we are quite lucky to have chances like this to see things for free as other children don't have the same opportunity."



Find out more about the Every Newham Child programme visit [www.newham.gov.uk/everychild](http://www.newham.gov.uk/everychild)

To find out more about future shows at Stratford Circus visit [www.stratford-circus.com](http://www.stratford-circus.com)



# Running man getting us active

Eugene is community development director at leisure provider activeNewham but his first association with the borough was as a 16-year-old in 1977 when he was introduced to Newham and Essex Beagles Athletic Club. He is still a life member.

He competed in Commonwealth Games and European Championships but

injury forced him to miss the two Olympic Games he was selected for. He won a bronze medal in the decathlon at the Commonwealth Games in Auckland, New Zealand in 1990.

Eugene said: "I was predominantly a 100m runner at school in Kent but my PE teacher said I was pretty useful at other

things so why not give decathlon a try. I found I had a range of events I seemed quite good at, mostly the ones that were all about power. My first day doing the decathlon was amazing, the day after not so much."

His team-mate at the Beagles of Texaco McVitie Stadium in Mablethorpe was Olympic



**As an athlete Eugene Gilkes competed for England and Great Britain in sporting arenas across the world. He trained the stars that thrilled audiences in the hit 1990s TV show *Gladiators*. His challenge now is getting Newham residents more active.**

and World champion Daley Thompson. "From the start of my decathlon career, even if I wanted to break the club record, I had to break the world record," he said.

Of all his on-track exploits, Eugene is most proud of his Commonwealth medal. He said: "I competed out of my cooler. I knew I wasn't as fit as I had been. I knew I had lost a lot:

of time in training. But I competed way above what I should have achieved over those two days. It vindicated all the effort and was a reward for all those who had supported me, my family, employers and friends who made a lot of sacrifice on my behalf."

When he finished competing he was

asked to try out for TV show *Gladiators*. Eugene said: "I passed the test, but then I met some of the other Gladiators. I remember saying hello to one guy. He got up to shake my hand and just kept going up. He was 7ft 2ins and I realised I wasn't what they were looking for. They asked me to be an associate producer and I helped create many of the games and trained some of the Gladiators. And being timelieeper on screen was the icing on the cake."

He regards working for Active Newham as "coming home to a place where my heart has been since I was a boy". He has taken up the challenge to get youngsters involved with and be gets into sport and to get people and families physically active in safe and fun environments.

"People tend to think of activity as only being sport," he said. "It is not about needing to get a sweat on or needing to be slim and athletic and fit into Lycra. It has been a while since I fitted into my Lycra. It's not about size. It's about a healthy heart, doing something more today than you did yesterday and about being better than you were. It's about getting off your backside and getting out of the house."

"We are encouraging people to be active in the wider sense of the word such as volunteering in your local community, doing something that gets you out, creating a community garden at the bottom of your road or just walking in the park. It's not just going to the gym and sitting on a machine for 15 minutes."

"We are working across community neighbourhoods to offer the right opportunities to get people active. There is no excuse for people to say there isn't anything here. That's the fact Newham offers people the chance to come and try things for free. There is always something you can do to be more active and contribute to your local community."

- To find out how you can be more active in 2016, get fit and stay in shape, visit [www.activenewham.org.uk](http://www.activenewham.org.uk) or call 0300 124 0123



## Pilgrim's Way Market New traders wanted!

We are seeking traders offering:

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- Fruit and vegetables
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- Sportswear and equipment
- Car accessories
- Men's fashion
- Gifts and ornaments
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Or something different you think would complement the market

Pilgrim's Way Market is open from Tuesday to Saturday 9am-6pm. Prices start £50 per week. New traders receive a 25 per cent discount for the first two months.

Find us at Pilgrim's Way (off High Street North), East Ham E6

For more information and to book your pitch now, please contact the team on:

020 8405 6071

[East.Market@newham.gov.uk](mailto:East.Market@newham.gov.uk)

[www.newham.gov.uk/markets](http://www.newham.gov.uk/markets)

Or come down to meet the team when the market is open

Join the activeNewham team and get more active in 2015...

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We have everything you need to get fit and stay in shape.

Enter our PRIZE DRAW with the chance to win 12 monthly FREE membership for you and your partner worth £1000.

Go to the activeNewham Facebook page and register now!

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Newham Leisure Centre,  
14 Edgware Road, Plaistow E13 9AQ

Newham Leisure Centre,  
261 Barkingside Road, Ilford E6 2BT

Newham Leisure Centre,  
381 Forest Regent Lane, Plaistow E13 8QD

Market information enquiry: Please give 6 weeks prior to website  
listing notice. It is charged by the number of stalls or units - i.e. if you have 1 stall (which has a value of £50) it is £50. It is inclusive of all allowances. Standard stall fees in "New" locations include the cost of all display stands and kiosks.

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# 50 years is worth celebrating

One of the good things about life in Newham is that we know how to throw a good street party. And this year we plan to have a few of them as the borough reaches the ripe old age of 50.

From Silver Jubilees, Golden Jubilees and Royal Weddings to celebrating the 2012 Games and the Tour de France in 2014, we've turned out to enjoy a fair few good fashioned knees-ups in the past 50 years.

Great things have happened here since April 1965 when East Ham and West Ham officially merged to form Newham. We've had some iconic moments from FA Cup wins to hosting an Olympics and Paralympics. We've seen the arrival of an airport, a cable car and one of the biggest shopping centres in Europe amongst others, so let's get together to celebrate them all.

If you want to gather with your family, your friends and your neighbours to

celebrate the milestone in our borough's proud history then Newham Council can give you a helping hand. We can offer grants of up to £250, or £500 in exceptional cases, from our Let's Get the Party Started fund to host a gathering that brings the whole community together.

Mayor Sir Robin Wales said: "Newham has celebrated some great occasions in the past 50 years so there's no excuse for not doing the same in this milestone year."

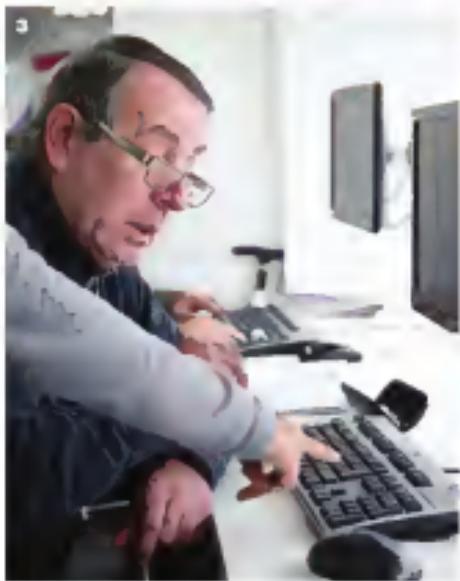
And if you want to share with us some of your memories of those past 50 years then let us know. Visit [www.newham.gov.uk/50years](http://www.newham.gov.uk/50years) or email your anecdote, stories and pictures to [50years@newham.gov.uk](mailto:50years@newham.gov.uk).

To be considered for Let's Get the Party Started funding for your Newham 50 years celebration event, or other community activity, please remember your event has to take place in the borough. It has to be open to the whole community and benefit Newham residents.

For more information on how to apply for funding visit [www.newham.gov.uk/grants](http://www.newham.gov.uk/grants).



# Newham in pictures



1. Questions and answers. Pupils at St. Helena Primary School, E18 prepare for a question and answer session with Mayor Sir Robin Wiles. 2. A healthy approach. Participants take part in the Health Matters programme at East Ham Town Hall. 3. Finger clicking good. Residents learn how to Do It Online at Manor Park Library. 4. All eyes and ears. Students from the Newham Collegiate Sixth Form Centre E6 at an assembly.



## Are you a landlord, property developer or managing agent looking to let a property?

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Newham Council URGENTLY requires properties and wants to work in partnership with local landlords and managing agents to rent their properties.

The council can offer:

- Up to £2,000 non-refundable cash incentive payment
- £200 non-refundable cash payment to hold a property
- Deposit bond to the value of six weeks' rent
- Deposit and rent in advance

Working with the council means:

- Ongoing landlord support and advice
- Support to maintain the tenancy
- Direct rent payments
- Local housing allowance (LHA) rates paid

If you have any properties or would like to find out more about our Private Rented Sector Scheme, contact the Housing Supply team now

Telephone: 020 3373 1148

Email: PRSSupply@newham.gov.uk



## From April 2015 care and support in England is changing for the better.

The new Care Act will help make the care and support system more consistent across the country. If you receive care and support, or you support someone as a carer, you could benefit from the changes.

For more information visit [www.gov.uk/careandsupport](http://www.gov.uk/careandsupport)  
or email [CareAct2014@newham.gov.uk](mailto:CareAct2014@newham.gov.uk)



# Planning for a better future

All local authorities around the country have a Local Plan. This is a collection of documents, prepared by planning officers, which guide development in an area. The idea of the Local Plan is to make sure any changes to our built environment offer the best benefits to residents for the longest period of time.

The main part of Newham's Local Plan is the Core Strategy, which came into effect in 2012. It sets out the council's overall vision for the borough across a number of themes such as jobs and housing.

There are other parts of the Local Plan that help the council make sure that vision can be achieved: helps developers understand what they can and cannot do in Newham; and helps residents feel confident about the changes going on in their areas. One such part is the Detailed Sites and Policies Development Plan Document (DPO).

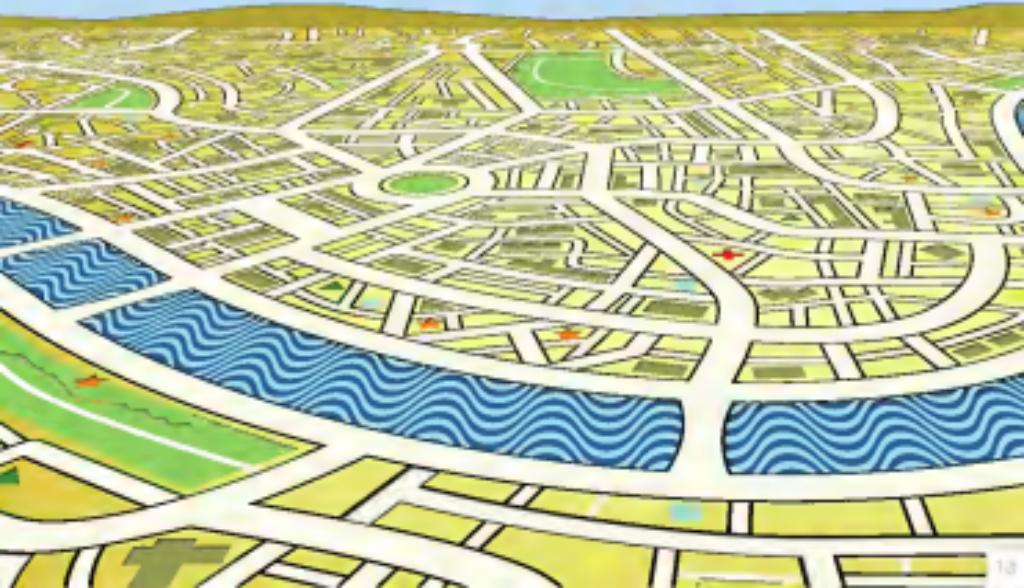
The DPO is currently at the Issues and Options stage, meaning residents can comment on what it contains. You will also be able to comment on the final draft before it is considered for adoption.

The DPO covers six themes:

- making sure areas for business use and jobs are maintained
- protecting particular groups of local shops that help ensure people have access to them within a short walk
- saying 'how many is too many' in relation to things like betting shops and takeaways
- ensuring all forms of housing are designed and managed so that everyone's home meets quality standards, is affordable to heat and noise and parking created doesn't impact on neighbours
- ensuring green spaces are protected
- ensuring there are places for community uses

You can offer your thoughts online by searching for the DPO consultation response form at [www.newham.gov.uk](http://www.newham.gov.uk) and completing the survey. There's a box at the end where you can write anything else you think is relevant if it isn't covered in the specific questions.

If you do not have access to a home computer, free access to the Internet and free Wi-Fi is available at all local libraries in Newham. The consultation runs until 5pm on 13 February. If you want to write in you can email [id@newham.gov.uk](mailto:id@newham.gov.uk) or you can visit [www.newham.gov.uk/planningconsultations](http://www.newham.gov.uk/planningconsultations).



# HAVE YOU REGISTERED TO VOTE? MAKE SURE YOU'RE IN!

[www.gov.uk/registertovote](http://www.gov.uk/registertovote)

General Election – Thursday 7 May 2015



YOUR VOTE MATTERS  
MAKE SURE YOU'RE IN





Artistic expression of the proposed development

## **Hammers legacy is planning goal**

As West Ham United get set to kick-off at the Olympic Stadium in 2016, proposals have been submitted for what happens on the site of the Boleyn Ground in Upton Park.

Bolton Phoenix Limited is asking Newham Council to consider a planning application for a residential-led scheme that would see the existing stadium replaced with 15 new buildings of between three- and 13 storeys, delivering 638 new homes, including family sized and affordable properties. An application has also been submitted to replace an existing community hall in Castle Street, opposite the West Ham United Supporters' Club.

The scheme proposes to open up the stadium site with new roads as well as pedestrian and cycle routes connecting Green Street to Priory Park. A basement is included on part of the site for parking and services. The plans incorporate flexible community or commercial spaces.

1,210 cycle parking spaces and 332 car parking spaces, landscaping and new tree planting.

Bolton Phoenix Limited say they are committed to creating a legacy for West Ham United on the site including public art that reflects the history of the Hammers and players.

Before the council makes a decision about the proposals, residents have an opportunity to comment on them. You can comment online by visiting [www.newham.gov.uk/pa](http://www.newham.gov.uk/pa) and searching for the application numbers.

14/02883/FUL - Redevelopment of West Ham United Football Ground  
14/02901/FUL - Redevelopment of existing Community Hall at 7 Grange Street

You can also inspect the application documents at Green Street Library, 307-341 Green Street, E13 9AR, during library opening hours, and by prior appointment at Newham Dockside, 1000 Dockside Road, E16 2QJ.  
Call (020) 3763 2758 for details or [www.newham.gov.uk](http://www.newham.gov.uk)

You can also send comments in writing to planning officer Christopher Paggi at Newham Dockside. Please quote the application numbers. You have until 13 February 2015 to submit your views. Comments received after this date may not be considered.

The applicant will be holding a public exhibition of the planning proposals on Tuesday 3 February between 2-8pm at the Church Hall, Our Lady of Compassion RC Church, Green Street, Upton Park, E13 9AX.

OUR

HAM

# Discover how to swap books

Are you hungry for stories? Looking for a new adventure? If you are, why not swap your old books for new favourites at the Discover Children's Story Centre in Stratford on Saturday 14 February?

On that day the centre in High Street E15 is putting on activities as part of the fourth annual London Children's Book Swap from 12.30pm. Children and families are encouraged to take their old books and swap them for new reads for free.

After you've swapped your books, you can make a lovely Valentine's Day bookmark to bring home for your new library. You may also get to see Walker Bear of Walker Books fame when you're visiting London Children's Book Swap. Be sure to talk about reading and book swaps. To find out more about Discover and the London Children's Book Swap visit [www.discover.org.uk](http://www.discover.org.uk) or call 020 8538 8866.



## Youngsters can give rugby a try

Young people are invited to give rugby a try at Memorial Park in Memorial Avenue, West Ham.

Newham Knights, the junior section of East London Rugby Club, are hosting fun and exciting coaching sessions for boys and girls on Sundays from 10.15-11.30am. All sessions are free and all ages and levels of experience are welcome. Youngsters aged from six to 16 can try tag rugby, skills coaching sessions and goal keeping. The sessions are supported by Newham Council.

Coach Adrian Boyce said: "This is a great opportunity for young people of different ages and ability levels. We are also delivering our Newham Knights programme into primary schools with the dual aim of coaching young people in a sport they may not have tried before and eventually assuring them in representative age group teams."

For more information about East London RFC visit [www.pitchero.com/clubs/eastlondonrfc](http://www.pitchero.com/clubs/eastlondonrfc)



# Life President honour for Kevin

Former Newham councillor Kevin Jenkins has been honoured with the title of Life President of the organisation he helped set up 38 years ago to make a difference to people's lives.

Kevin founded caring town-based charity Commonwealth Link in 1977 and has held senior roles throughout that time. He saw Link grow into a pioneering social action charity with a peak turnover of £1.5m, supporting 50,000 people each year. He recently launched a Friends Group with 70% East London stars Perry Fenwick and Ricky Grover.

Kevin is stepping down from day-to-day duties and becomes Life President. Link chief executive Donaldine Baker said, "Kevin's deep commitment to enabling communities to build a brighter future for themselves has resulted in some remarkable achievements."

Kevin also served at Newham Council for 28 years and has received an OBE and a Beacon Award, the charity sector equivalent of the Oscars.



Kevin launches the Friends Group

# Coach is a shining light



Anthony Chiarappa

# Taekwondo ace is honoured

Talented Christian McNeish who won a gold medal in his sports Commonwealth championships in Edinburgh in November is celebrating being named GB Taekwondo's Junior Male Athlete of the year.

The Ponders End, 17, who also won a bronze medal at the Youth Olympics in China last August, received support from the Newham High Performance programme, supported by Newham Council and the University of East London.

Christian gets a bursary and has access to physiotherapy and massage when he is not at the national training base in Manchester. He also has access to specialist scanning equipment that monitors the composition of his body and ensures he makes his fighting weight safely.

Christian is being tipped as a name to watch in the build-up towards the Olympic Games in Rio in 2016.



Basketball coach Anthony Chiarappa, 23, who has used his sport to educate thousands of young people about the dangers of knife crime, has been honoured with a Point of Light award from the Prime Minister.

Point of Light awards recognise outstanding volunteers who are bringing about positive change in their community. Anthony was inspired by the murder of a close childhood friend to set up basketball club 'Cary a Basketball. Not a Blade'.

The club meets on Friday evenings and offers young people a safe space where they can have fun. More than 100 young people aged 11 to 16 attend sessions. Anthony has also worked with more than 60 schools and colleges in Newham and across East London supported by the Metropolitan Police.

His volunteering work is combined with a full-time job as Head of Sport for Newham All Star Sports Academy, where he encourages young people to improve their confidence.

If you would like to get involved in GABRAA visit [www.nessa-sports.org.uk](http://www.nessa-sports.org.uk), call 07947 401 816, or email [nessa2012@hotmail.co.uk](mailto:nessa2012@hotmail.co.uk)

# Kids' Corner



PLEASE SEND YOUR DRAWINGS,  
JOKES AND POEMS TO:  
KIDS' CORNER, WEST WING  
4TH FLOOR, NEWHAM DOCKSIDE  
1000 DOCKSIDE ROAD, LONDON E16 2QU  
OR EMAIL THEM TO  
[newham.mag@newham.gov.uk](mailto:newham.mag@newham.gov.uk)

Don't forget to write your name, age, address and daytime contact telephone number on the back of your entry. We cannot return any entries.

## GALLERY



Anonymous



Holly Fawcett, 9



Fazil Khan, 11



Saranya Venkateshwaran, 6

## Free membership at Stratford Picturehouse

The issue's winner receives free annual family membership of Stratford Picturehouse, which includes free tickets and discounts on films.

To be in with a chance of winning this or another great prize, send your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QJ**. Don't forget to write your full name, age, address and daytime contact telephone number on the back of your entry. Good luck! Visit [www.picturehouses.co.uk](http://www.picturehouses.co.uk) to see what's on



# Colour-me-in Crossword



### Across

- 1. It accompanies lightning (7)
- 2. Tigers, lions and bears (7)
- 3. Gift (7)
- 7. Baked Italian dish layered with pasta, meat and cheese (7)
- 9. Closest (7)
- 11. Pudding (7)

### Down

- 4. It is fun to bounce up and down on this (10)
- 5. Grand Canyon country (8)
- 6. Metal drink (5)
- 9. Rose-shaped decoration awarded to competition winners (7)
- 10. Oily substance (6)
- 12. Examination (4)

## Riddles

Q: Poor people have it, rich people need it. If you eat it, you die. What is it?

A: Nothing

Q: What comes down but never goes up?

A: Rain

Q: I'm tall when I'm young and I'm short when I'm old. What am I?

A: A candle

Q: Mary's father has five daughters - Nane, Nene, Nini, Nonc. What is the fifth daughter's name?

A: If you answered Mums, you are wrong. It's Mary.

Q: How can a pocket be empty and still have something in it?

A: It can have a hole in it.

Q: What travels around the world but stays in one spot?

A: A stamp

Q: What occurs once in a minute, twice in a moment and never in one thousand years?

A: The letter M

# WHAT'S ON?

FIVE PAGES OF ACTIVITIES MOSTLY FREE, ALL FUN

## OUR THRILLING THREE...

**1**

**Support in Action** – Every Thurs, 12noon-3pm; Jeyes C.C. 18+ysr. Free support and advice available to people with disabilities. Call 020 8546 9626.

**2**

**Sensory Play, under-fives** – Every Weds, 1pm-3pm, Oliver Trubus Nursery and Children's Centre, Matthews Ave, EB. Help your child develop in activities that develop their senses. Email: [Nicola.Ferron@oliver.towerhamlets.newham.sch.uk](mailto:Nicola.Ferron@oliver.towerhamlets.newham.sch.uk) or call 020 8821 0997.

**3**

**Football for All** – Every Tues 5-8pm (14-18yrs), 8-7pm (16+yrs). Fiercest Playing Field, Napier Rd, EB. Free football sessions for all. Call 020 8546 7070.

## MENTION THE MAG...

Salsa Pam Community Dance is offering the chance to get fit and change your body in 2015 – enjoy your first class for free at Queens Road West Community Centre, 63 Queens Rd West, E13, on Mondays and Thursdays from 6.30-7.30pm.

Everyone is welcome to come along. Show the Mag to get your free class. A fee of £5 per class is payable for sessions thereafter.

Parking is available on site.

For more information visit [www.salsapam.co.uk](http://www.salsapam.co.uk) or call 07916 327 841.



## TRY SOMETHING NEW... PILGRIM'S WAY MARKET

If you have quality goods you think could appeal to shoppers at East Ham's Pilgrim's Way Market you could get a discount on your pitch rent for the first two months.

Pitches are now available from £60 per week and include an initial 25 percent discount for the first two months when you show this copy of the Newham Mag. The market is open from Tuesday to Saturday, 8am-4pm. Please apply online.

For more information or to book your pitch, call 020 8476 6871, email [Street.Markets@newham.gov.uk](mailto:Street.Markets@newham.gov.uk) or visit [www.pilgrims-way-upmarket.co.uk](http://www.pilgrims-way-upmarket.co.uk).

● indicates free sessions

### UNDER-FIVES

#### Music and Rhyme

Tues, 10.30-11.15am, Custom House

#### Rhyme Time

Thurs, 1.30-2.15pm, Custom House, Mon, 4-4.45pm, Canning Town

#### Storytelling

Mon, 11am-12noon, Tues, 10-11am, Beckton Globe, Mon, 10.30-11.15am, Custom House; Tues, 10.30-11.30am, Canning Town; Tues 11am-12noon, The Gate; Tues, 10.30-11.30am, Thurs, 9.45-10.45am; East Ham; Sat, 11am-12noon, Green St, Fri, 11am-12noon; Manor Park; Thurs, 2-3pm, North Woolwich, Thurs, 2-3pm, Peckham; Tues and Fri, 11am-12noon, Stratford

### Stay and Play

Support for parents and carers to develop their child through play. Term time: Weeks and Set, 7.15am-7pm, Stratford, Thurs, 1-2.30pm, Ulric Crossland C.C., Fri, 10.30-11.30am, The Gate Tues, 9.30-10.30am, Jeyes C.C., Tues, 10am-12noon, Grassroot

### Music and Movement

Sessions for parents/carers and children

Mon, 10-11am, Grassroot

### YOUNG PEOPLE

**Board Games Club (7-12yrs)**  
Play chess, Checkers, Ludo, Picturebox and more. Term time: Thurs, 4-5pm; Green Street and Custom House; Thurs, 4.30-6pm, North Woolwich, Tues and Fri, 4-5pm; Stratford (term time).

**Homework Club (7-14yrs)**  
Free study support. Term time.



Fri 4pm, Beckton and Canning Town Fri 3.30-5.30pm Thurs 4pm, Plaistow Fri, 4-5.30pm, East Ham Sat 2-3.30pm Green St Weds 3.30-5.30pm Manor Park Mon 3.30-4.30pm, North Woolwich Mon, 4-6pm, Shoreditch Sat 10am-12noon, The Gate

**Games Club (7-14yrs)** Sony PS2, XBox360, Nintendo WII, board games and more Tues 3.30-5.30pm, Custom House; Thurs 4-6pm, Canning Town Wed, 3.30-5pm, Forest Gate, Mon, 3.30-6pm, Plaistow

**Proud Young Project (7-16yrs)** Activities for young people Mon, 3.30-5.30pm, Jack Cornwell C.C.

**Children's Movie Club** Booking essential Thurs, 4-6pm, 7-12yrs, The Gate Tues 3.30-5.30pm, 0-3yrs, (under 8s must be accompanied by an adult) Green St

**Arts and Craft Workshop (5yrs+)** Fri 3.30-5pm, Green St Sat, 2-3pm, Custom House and Canning Town, Tues 4-5pm, Plaistow

**Puzzles, Quizzes & Colour** Mon 3.30-5pm, Green St

**Young Readers Club (7-12yrs)** Read and discuss your favourite books Tues, 4.5-5.30pm, North Woolwich, Sat 10.30am, London, Manor Park

## ACTIVITIES AND SUPPORT

**Table 2-Tenni (16yrs+)** Sat 10am-12noon, Stratford

**Adult Reading Group** Discuss your favourite books and discover new writers Sat, 10.11.2009, Green St Thurs 5 Feb, 5.45-7.45pm, Plaistow, Mon 9 Feb, 6.30-7.30pm, Stratford

**Chess Club** Mon, 5.30-7.30pm, East Ham Tues 3.30-5pm, Green St

Thurs, 5.30-7.30pm, Stratford Fri, 3.30-5.15pm, The Gate

**Coffee Mornings** Tues 10-11.30am, Beckton, Thurs, 10-11.30am Canning Town Tues, 11am-12.30pm Custom House Tues 10.30am-12noon, Manor Park, Thurs, 10-11.30am, Abnethy Woolwich, Wed 11 Feb, 10am-12noon, Stratford

**De It Online (16yrs+)** Free six or eight-week basic computer training. Advance booking required, contact library directly Tues 10am-12noon, The Gate, Tues 10am-12noon, East Ham, Tues 10am-12noon and 2-4pm, Plaistow Mon, 10am-12noon, Manor Park; Weds 2-4pm, Stratford, Thurs, 10am-12noon, Green St, Thurs, 10am-12noon, Katherine Rd C.C.

**Knit & Natter (16yrs+)** Weds, 10am-12noon, Beckton Fri 10.30-11.30am Canning Town Fri, 10am-12noon, East Ham Tues, 10.30am-12.30pm, Manor Park Weds, 10.30am-12.30pm, Green St

**ICT Surgery** IT advice for all ages Mon, Tues 12noon and 2-3pm, Plaistow Wed, 10.30am-12noon, Stratford, Fri 2-4pm, Canning Town

**Stratford London Toastmasters**

Public speaking and leadership club 1st and 3rd Monday of month, 6-8pm, Stratford Fee applies. Call 020 3373 0826

**Weekly Get Together** By new hinge: Weds, 10.30am-12.30pm, Green St Call 020 3373 0857

**Love Newham app drop-in** Learn how to report issues via the app. Mon 10.30-11.30am, The Gate

**Grants Surgery** Thurs 12 Feb, 4-6pm, Manor

**Family Reading Group** Come and talk about your favourite books and discover new writers Sat 7 Feb, East Ham

**Sexual Health Advice** Mon 9 Feb, 11am-3pm, The Gate

**Inspire Futures Group In** Advice on ESDC and citizenship Thurs 2-4pm Green St

**Community Links** Drop In

Debt, housing and benefit advice. Call 020 8548 9825 to make an appointment Thurs 5 Feb, 3.30-5.30pm, Katherine Road C.C. Call 020 8548 9845, Mon 2 Feb, 12noon-2pm Green St. Call 020 3373 0857

**ESOL** Improve your English language. Mon and Weds, 12.30pm Call 020 8522 5772 to enrol, Katherine Road C.C.

Tues 9.30am-12noon Fri 9.30am-12.30pm Jack Cornwell C.C. Tues and Fri 1-3pm, Plaistow ESDC, citizenship and life in the UK, preparation class

**ICT Drop-In Sessions** Set up a My Newham profile and create an email account Fri, 10am-12noon, The Gate Fri, 10am-12noon, Green St

**Oral Health Drop-in** Thurs 5 Feb, 3-5pm, The Gate

**Bingo Night (16yrs+)** Thurs, 5.30pm, Green St

**Aerobic Exercise** Workout and body stretching Mon 8.30-10.30am, Jack Cornwell C.C. £1.50

**Exhibitions** Solo exhibition by Georgy Lebunn, until 31 Jan, Beckton, Open exhibition by local disabled artists, until 31 Jan, Old Town Hall, Stratford

**Grants Surgery** Thurs 12 Feb, 4-6pm, Manor

Park, Mon 2 Feb, 3.30-6pm, Green St

**East Ham Youth Zone** Sony PS2, DJ decks and other activities. Tues 4-7pm, East Ham

**Happy Living Club** Indoor and outdoor activities for over 50s. Tues and Weds, 1.30-5.30pm, Jaysa C.C.

**Writers Group** Thurs 29 Jan, 6.45-7.30pm, The Gate

**Big Ideas** In partnership with Birkbeck University. Mon 9 Feb, 6.15-7.45pm, Stratford

**SNL Drop-in** Fri 12noon-1pm, Stratford Thurs 26 Feb, 10-11.30am, Canning Town, Tues 24 Feb, 11am-12.30pm, Custom House

**Active Minds Community Health Event**

Wed 11 Feb, 10am-1pm, Jack Cornwell C.C.

**Regeneration Drop-in** Thurs 5 Feb, 10-11.30am, Canning Town, Tues 3 Feb, 11am-12.30pm, Custom House

**Adult Literacy Workshop** Wed 11 Feb, 6-8pm, Jack Cornwell C.C.

## COMMUNITY ACTIVITIES

**Bumps and Babies** (up to 1yr)

A free home-based meet up every Wed, 1-3pm for expectant parents and those with babies. Email: newhammct@hotmail.com

**Meet and Greet** Mums, Bumps and Babies. An informal coffee around Newham. Visit www.newhammct.com or email: jayne@newhammct.com

**Royal Docks Learning & Activity Centre** Mon, 10am-12noon

T2noon E2  
Tues, Healthy Cooking 12noon  
7.30pm E2

Parent and Toddler Group  
10am 12noon, E1  
Brigo Nam-12noon E1  
Wed, Keep Fit, 10-11am, E2  
Employment 7-2.2 support, by appointment  
Job Club 10am-2pm  
Thurs, Tai Chi E2, first session free, 10.30am-12noon  
Line Dancing, E1, first session free, 7-8pm  
Royal Docks Learning & Activity Centre, Albert Rd, E16  
Call 020 7476 9882 Web: [www.rdlac.org.uk](http://www.rdlac.org.uk)

**Junior Volunteer Police**   
**Cadets (10-12 yrs, term time)**  
Wed, 7.30-8pm Little Lord School, Browning Rd, E12, E1  
Thurs, 4.15-5.45pm Upton C C, Claude Rd, E13, E1 Call 07500 581 378

**Senior Volunteer Police Cadets (13-17 yrs)**   
Wed, 5-8pm Little Lord School, Browning Rd, E12, E2 50 Thurs, 6.30-8pm Eastgate Community School, Exing Rd, E15, E2 50 Call 07500 581 378

## BOXING AND SELF DEFENCE

**Boxing (Newham College)**  
Mon, 5-8pm East Ham College, High St South, E6

**Fight For Peace Boxing**  
Mon to Fri, 4-5pm 10-14yrs  
Mon to Fri, 5-8pm 14yrs  
Woodman St, North Woolwich, E16, Call 020 7474 0054

**Punch Out (16+ysr)**  
Fri, 4-5pm Katherine Rd C C 254 Katherine Rd, E7

**Intense Fitness (14+)**  
Workout, boxing and wrestling, Fri, 8.30-10pm, E5, The Harley Centre, E5 Call 07873 253 642

**Newham Shoulin Karate**  
Wed term time, 4.30-5.30pm  
Fr, 6.30pm and 7-8.30pm, Sun 10-11am, Under 15yrs E4,

Miyos 20, cones E5  
Newham Luton Centre, E13  
Call 07500 581 638

**Docklands Shoulin Karate**  
Mon and Wed, Juniors and beginners 7-8pm, all other grades 8-8pm, First session free under-15yrs £4, 16+ £5, cones E5, E6, Sportdock, tel 07788 626 829

**Stratford Judo**  
Competition training, Juniors (8 May), Tues and Thurs, 6.30pm, seniors (15+ yrs), Tues and Thurs 6.30-8pm  
Beginners, Juniors (8 May), Wed, 6.30-7.45pm, seniors (15+ yrs), Wed, 7.45-9.15pm  
From £2, £5 per class  
Caparison Docklands Centre, 98 Gobine Rd, E7  
Call 07985 601 260 [www.stratfordjudo.com](http://www.stratfordjudo.com)

**West Ham Boys ABC**  
Mon, Wed, Fr, mixed (8-18yrs), 5-6pm, Sat, boys (5-17yrs), 10-11am, girls (7-16yrs), 7.15am-12noon, E2, 2 London Rd, E13  
Call 020 0472 3614

## HEALTH AND FITNESS



### Athletix

All ages and ability, Mon, 12noon (women only), Weds, 11am-12noon (mixed)  
Jack Cornwell C C

### Bootcamp and Circuits with Al

Mon, 6.30-7.30pm, Chancery East Community Hub, E15, E4  
Call 07335 944 272

### Jade's Fitness

Mon, 7.15-7.45pm, Battersea, E3, The Harley Centre, E5  
Call 078 18 000 642

### Twisted Pink Street Dance

7-11yrs, Thurs, 6-7pm St Luke's Church, Treling Rd, E18, 12-16yrs, Fri 6-7pm Maryand Studio, 84 Leytonstone Rd, E15, E3, Call 07961 544 017 visit [www.twistedpink.org.uk](http://www.twistedpink.org.uk)

### Zumba Fitness

Mon and Weds, 7-8pm, E5 and E6 for 2nd class, Victoria Lane Community Centre, Dover Ct, E15, Call 07500 586 625

### Zumba with Jessica

Mon 6.30pm E2 50  
Asia Community Hub, 14a Camer Rd, E16, Sat, 9.30am, omrake, 24, Community Resource Centre, 200 Chargeable Ln, E13  
Call 07684 951 484

### Zumba

All ages, Registration essential, Bring water and a towel!  
Weds, 7.30pm E5, Beckton C C, Fr, 9.30-10.30am, E3, Jack Cornwell C C

## 50+ ACTIVITIES

### Nordic Walking

Wed, 9.30am Meet at Lord Lester Health Centre, E7 And suitable for wheelchair users, Call 07782 682 429

Fri, 6.30-8pm Meet at Newham Leisure Centre, E13 Sun, 10-11.30am Meet at East Ham Leisure Centre, E6

### Young at Heart

Brigo Club, Mon, 12noon-4pm, E7, Jaysa C C

### Ballroom Dancing

Mon, 10am 12noon, St Paul's Church Centre, Burges Rd, E6 E2 50 per session, Call 07751 209 463

### Active Centre Silver (50+yrs)

Thurs, 7.30pm, Jack Cornwell C C

### Over 50s club

Thurs, 10am 12noon, Beckton

## GREEN

### Green Gym

Wed, 2pm-3pm, meet at Mayor Centre, East Ham Nature Reserve, Norman Rd, E9, Call 07445 973 358

### Green Volunteering

Tues and Thurs, 10am-2pm Silverdown Wy, E16 (opp Heleavia Rd)

### Garden Club

Tues, 7.30pm, Thurs, 4.20pm, Sat, 10am-4pm, Abbey Grdns, Bakers Rd, E15

### Gardening Thyme

Fri 10am (pm, Bowring Green Central Park, High St South, E6)

### Grow Together Be Together

**Community Gardening Club**  
Wed, 10am-1pm, Sat, 1pm-3pm, Bakers Rd, Mahonho Rd, Rainham, E16, Call 020 8585 7070

## DOORSTEP GAMES



Call 0744 414 2720 unless otherwise stated

### Athletics Club (14+)

A minus sport session focusing on

**athlets, football and the gym**  
Tues, 6-7pm; Newham Leisure Centre, E13. Tel: 07717 334 756

**Gym & Basketball (14+ysr)**  
Tues, 6-10pm, £2; Rokety School Barking Rd, E16

**Stand & Tumble (14+ysr)**  
Thurs, 7.30-8pm, £5.  
Talent Cheer & Dance, Gallons Reach Avenue Wf, E6  
Tel: 07906 612 610

#### FEMALE SPORTS

**Basketball Sessions** ☺  
Tues, 4-5pm, Chobham Academy, 40 Cheam Ln, E20

**Dars 2Dance (12-16yrs)** ☺  
Streetdance, Fr, 3.30-5.30pm; Newham Leisure Centre, E13

**Female Boxfit (14+ysr)** ☺  
Mon, 4.15-5.15pm; Batem Leisure Centre, E13. Tel: 07970 702 520

**Girls Football (11-16yrs)**  
Tues, 4.5-5.30pm and Thurs, 5.6pm; Newham Leisure Centre, E13. Tel: 07906 614 988

**Girls Group Cycling (11-15 yrs)**  
Tues and Thurs, 5-6.30pm  
Newham Leisure Centre, E13

**Just Play (14+ysr)** ☺  
Wed, 6.30pm; multi sports from Intra, Cumberland School, E13. Tel: 0844 414 2768

**Aba Blast (11-15yrs)**  
Thurs, 5.30-6pm, £3.10;  
Newham Leisure Centre, E13

**Athlete (14-18yrs)**  
Athletic fitness, Weds, 5.30-6.30pm, E1. Rendles Community Centre, Napier Rd, E8. Tel: 07717 334 756

**Female Only Gym Sessions**  
Mon, 3-4pm, £6.25yrs  
Mon and Wed, 7.30-10.30pm  
Tues and Thurs, 7.30-10.30pm  
Sun, 3-5pm, £11.50yrs, £4.85  
Newham Leisure Centre, E13

**Get Back Into Netball**  
Tues, 6-7.30pm; juniors,  
7.30-8pm; seniors, £2; Lister Community School, E13. Tel: 07717 281 628

**Julie's Mums On The Run**  
Wed, 10-11.30am, £5, or bring a friend and both pay £4 each  
Abbey Lane Park, E15  
Tel: 07967 374 772

#### KeepFit

Wed, 10am, £1; Chondis East Centre, E15. Tel: 07950 944 086

#### Keep Fit - Stay Fit

Sat, 10.7am, £3.50; Jack Cornwall C C, E12. Tel: 07795 684 118

#### Ladies Only Keep Fit

Wed, 10am, £1; Chondis East Centre, Chondis Rd, E15  
Thurs, 10am, £1.50, Rokety Centre, Rokety St, E15

#### Sheila's Yummy

#### Mummy Buggy (14+ysr)

Mon, 10-11.30am, £5; Central Park, High St South, E5 (meet outside cafe in the park). Fr, 10-11.30am, Plessey Park, Plessey Grn, E8. Tel: 07968 614 988

#### Women's Badminton

Fr, 1.2-3pm; East Ham Leisure Centre, E13. £2.  
Equipment provided  
Tel: 07930 162 505

#### Women United AFC (11+ysr)

Mon (term time), 6.7-7.15pm  
E1, Kingstall School, E8. Tel:  
07972 932 979

#### Zumba and Tone

Tues, 1.15-2.30pm, £1;  
St Bede's Catholic Church Hall,  
Barking Rd, E6. Tel: 07944 775 679

#### SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

**Ability Club (14-25yrs)** ☺  
Multi sports for disabled young people. Wed, 5.30-8.30pm and Th, 4-6.30pm; Newlife, E13

#### Athletics (9-18yrs)

Tues, 4.15-6.15pm; Brampton Manor Rd, E15. Thurs, 4.30-5.55pm; St Angels Ursuline School, E7. Email: [crausca@wingsathletics.org](mailto:crausca@wingsathletics.org)

#### Family Swims

Sat, 4.30-6.30pm; Newham

Otters Swimming Club  
Newham Leisure Centre, E13  
Tel: 07931 798 739  
Sun, 12.30-2pm; Family Swims, Batem Leisure Centre, E5  
Car 020 7478 5274

#### Get Fit for Free

Tues, 1.30-3.30pm and  
Fr, 10am-12noon  
Free gym use for people with learning disabilities  
Newham Leisure Centre, E13  
To book an induction call 020 7511 4477

#### Sensory Play (USys)

Wed, term time  
1.30pm-3pm, Oliver Thomas Chondis Centre, Mathew Ave, E6  
[www.sensoryplaynewham.co.uk](http://www.sensoryplaynewham.co.uk)  
or call 020 8927 0077

#### Swim for Females

**Dealing with Autism**  
Wed, 4-5pm; Coborn Leisure Centre, E13. Tel: 020 7478 5274

#### Trampolining

**Sessions (U18yrs)** ☺  
Tues, 4.30-5.30pm, UT2yrs;  
Newham Leisure Centre, E13  
Tel: 020 7511 4477

#### Support In Action (10+ysr)

Indoor and outdoor activities, advice and support. Thurs, 12-3pm; Upton C C

#### RUNNING

**Beckton Park Run** ☺  
Sat 9am; Beckton Park South, E16. Tel: 07717 394 756  
[www.parkrun.org.uk/beckton](http://www.parkrun.org.uk/beckton)

#### Best Friend Road Runners

Tues and Thurs, 7pm  
Sun 9am. Meet on the track.  
Coached sessions for all abilities. Newham Leisure Centre, E13. Tel: 09797 367 647

#### Run England

£2 unless stated.  
Sun, 10am-12noon; Newham Leisure Centre, E13, (meet on track)  
Mon, 4.5-5.30pm; Newham Leisure Centre, E13 (meet on track)  
Mon, 5.45-6.45pm; Newham

Dockside, E16 (meet at reception).  
Mondays, 12.30-1pm; Newham Dockside, E16 (meet at reception).  
Thurs, 5.15-6.15pm, E6.  
Docklands Campus, E16 (meet at reception).  
Sat, 10.11.30am; Winstead Flats, E12 (meet at Heron Rd Changing Pavilion).  
Sat, 10.11.30am; Mencap Park, E15. £4 (meet at car park). Tel: 07718 384 874

#### SPORTS



#### Athletics

Newham and Essex Beagles Athletics Club: Mon and Wed, 6-8pm; Foundation Groups, 8-10yrs; Mon, 7-8pm and Wed, 6-7pm; E5 Terence McAllan Stadium; Newham Leisure Centre, E13. Visit [www.newhamandessexbeagles.co.uk](http://newhamandessexbeagles.co.uk)

#### BMX (8-18yrs)

Sun, 10am-12noon; E3 Gosney Playing Fields, St Albans Ave, E8. Tel: 07807 333 615

#### Fencing with Newham Swords

Tues, 6-8pm; Thurs, 6.30pm  
Fr, 7-10pm. Classes for adults (18+), and mini-pistols (8-12yrs). UEL, SportsDock. Call: 07966 618 899

#### Indoor Cricket (8-16yrs)

Wed, 6-8pm; E2 Lister Community School, E13, email: paul.lathering@newham.gov.uk

#### Black Arrows Badminton Club

Adults, Fr, 7-8pm; Juniors, Sat, 10am-12noon, E3 7QJ; East Ham LC. Adults, Weds, 7-10pm; UEL, SportsDock. Tel: 07332 037173

#### Woodside Badminton Club

Fri, 7.30-8.30pm; intermediates and club standard. £5. Wednesdays, £3. Unweighted; Carpenters and Dockland Centre, 80 Gibbons Rd, E15. Tel: 07966 150 240



## BASKETBALL

### Basketball & Multi Sports

Fri, 5-6.30pm, 8-10yrs, Snowdown MUGA - Snowdon Rd, E12

### Basketball Sessions

Thurs, 5.30-6.30pm, Little Ford Learning Zone, T Recology Rd, E12

### National League

Mon, 6.30pm, U13/U14ys;  
Tues, 5-8pm, U15/U16ys,  
Rokeby School, E16  
Thurs, 4.30-6pm, U13/U14ys  
boys, U14-15ys girls, 6.30pm,  
U16yrs, Newham Leisure  
Centre, E13, 6.30pm, U18yrs,  
Cumberland School, E13

### NGFE Sports - Basketball

Thurs, 5.30pm, East Ham   
Leisure Centre. To register  
email [esports@newham.gov.uk](mailto:esports@newham.gov.uk)  
or call 020 8857 4255

### Senior Programme

Mon, 7.30-8.30pm,  
Division 2 women and division  
3/4 men, Rokeby School, E16  
Call 07947 401 616

### Newham All Star Sports Academy (NASSA)

Sessions E1 unless indicated.  
Juniors Fri, 4.45pm

Cumberland School, E13  
National League U13yrs, U14-15ys,  
U16yrs; Tues, 6.30pm, Rokeby  
School, E16

National League U15yrs, Tues  
6.30pm, Rokeby School, E16  
National League U13yrs,

U14-15ys, U16yrs, Thurs,  
6.30pm, SportsDock

National League U15yrs, Tues  
6.30pm, E16, SportsDock

Junior boys and girls, Sat  
10.20am-12.20pm, UEL,  
SportsDock, E2

Call 07703 603 895  
[www.nassasports.org.uk](http://www.nassasports.org.uk)

### Youngbloods Basketball

All sessions cost £7  
U12yrs mixed, Sat, 1.30pm  
East Ham Leisure Centre, E6  
U13/U14yrs boys, Mon, 6.30pm  
and Wed, 4.30-6pm.

## FOOTBALL



### All Football (16+ yrs)

Tues 1-3pm, Fr 10am-  
12noon, Memorial Park,  
Memorial Ave, E15  
Fr, 3-5pm, Beckton  
Powerleague, E5  
Visit [www.allfootball.co.uk](http://www.allfootball.co.uk)

### Football and Athletics

Thurs, 4.5-5.30pm, Barking  
Village, 66 Evelyn Rd, E16

### Football & Multi Sports

Mon, 4.5-5.30pm, Newham  
Leisure Centre, E13  
Wed, 5pm, Stratford  
MUGA, West Ham Ln, E13

### Mayors Football League

U10yrs, U12yrs, Mon, 4.30-  
6pm, U16yrs, U18yrs, 6-7pm  
Newham Leisure Centre, E13

### Premier League (16+yrs)

6-a-side (1st sub) Weds, 7.10pm,  
Newham Leisure Centre, E13

### WHU Kicks

Mon, Tues, Fr, 4-7pm,  
WHU/CST, Beckton Gr, E6A  
Albatross Cl, E6  
Thurs, 6.30-7.30pm, Little  
Ford Learning Zone  
T Recology Rd, E12  
Thurs, 6.30-7.30pm  
Stratford Park MUGA, West  
Ham Ln, E13  
Sat 10.30am-12noon,  
Newham Leisure Centre, E13

### Ascension Football

Sat 10.11.30am, E3  
Reception to 11yrs, King  
George V Park  
King George Ave, E16  
Call 07806 584 625

## St Angela's School, E7

U13/U14yrs girls, Mon, 4.30-  
6pm and Wed, 4.30-6pm, St  
Angela's School, E7  
U15/Males boys, Tues, 6.30pm,  
St Angela's School, E7 Thurs,  
6pm, St Bonaventure School, E7  
U17/18yrs boys, Mon and  
Wed, 6.10pm, St Angela's  
School, E7. Call 07502 307 657

## CONTACT DETAILS

### LIBRARIES & COMMUNITY NEIGHBOURHOODS

**Becken Globe** 7 Kingsland Way E8  
Canning Town Banking Rd, E16  
**Coxton House**

Prince Regent Ln, E18  
**East Ham** 385 Barking Rd, E6  
**Green Street** 337-341  
Stepney E13

**The Gate** 6-8 Woodgrange  
Rd, E7  
**Manor Park**

681-691 Romford Rd, E12  
**North Woolwich**

6 Pier Parade, E18  
**Plaistow** North Rd, E13  
**Stratford** 3 The Cross, E15

**Archives and Local Studies**  
Call 020 8902 6881  
[newham.gov.uk](http://newham.gov.uk)

### LEISURE & SPORTS VENUES

**Balaam Leisure Centre**  
14 Balaam St, E13

**East Ham Leisure Centre**  
224 Barking Rd, E6

**Newham Leisure Centre**  
281 Prince Regent Ln, E13  
**Newgate** Prince Regent Ln, E18

**UEL SportsDock** Docklands  
Campus, University Way, E16

### COMMUNITY CENTRES (C.C.)

**Beckton Community Centre**  
14 Manor Way, E8, 020 7511 1214

**Field Community Centre**  
147 Station Rd, E7  
020 8536 2600

**Grassroots Centre** Memorial  
Pk, Memorial Ave, E16  
020 8573 0882

**The Heritay Centre**  
267 Barking Rd, E6

**The Hub** 128-132 Ln, E16  
020 8370 0750

**Jack Cornwell Community  
Centre** Jack Cornwell Cl, E12  
020 8552 3458

**Joyce Community Centre**  
1 James Cl, E10, 020 8546 0826

**Katherine Road Community  
Centre** 254 Katherine Rd, E7  
020 8548 5810

**St Mark's Community Centre**  
918 Tolgate Rd, E3  
020 7611 1214

**Upton Community Centre**  
Claude Rd, E13, 020 8477 0049

**Wicarage Ln Community Centre**  
Gover Cl, E16, 020 8519 0235

## CONTACT THE MAYOR

### Surgery

Thurs 5 Feb, Flann, Old  
Town Hall, Stratford, E15

Thurs 12 Feb, 7.30pm,  
Canning Town Library (doors  
open 6.30pm)

### Telephone surgery

Wed 11 Feb, Call 020 8400  
2000 between 9.30-10.30am  
and leave your details. The  
Mayor will call you back at a  
later time



# NewShare

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[www.newham.gov.uk/NewShare](http://www.newham.gov.uk/NewShare)

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